

1. Record Nr.	UNINA9910697060303321
Titolo	Choosing nutrient dense foods [[electronic resource]]
Pubbl/distr/stampa	[Bethesda, Md.] : , : National Institutes of Health, , [between 2000 and 2009?]
Descrizione fisica	1 streaming video file (6 min., 18 sec.) : digital, SWF file, sound, color
Altri autori (Persone)	BalesConnie W
Soggetti	Older people - Nutrition Nutrition - Requirements Nutrition disorders in old age - Prevention Diet Documentary films. Streaming videos.
Lingua di pubblicazione	Inglese
Formato	Videoregistrazione
Livello bibliografico	Monografia
Note generali	Open captioned. Title from HTML source (viewed Apr. 14, 2010). Accompanied by transcript in HTML format.
Sommario/riassunto	Provides a detailed explanation, with examples, of a diet characterized by nutrient-dense food selections, and its importance for older adults. Features commentary by Dr. Connie W. Bales, Ph.D., R.D.